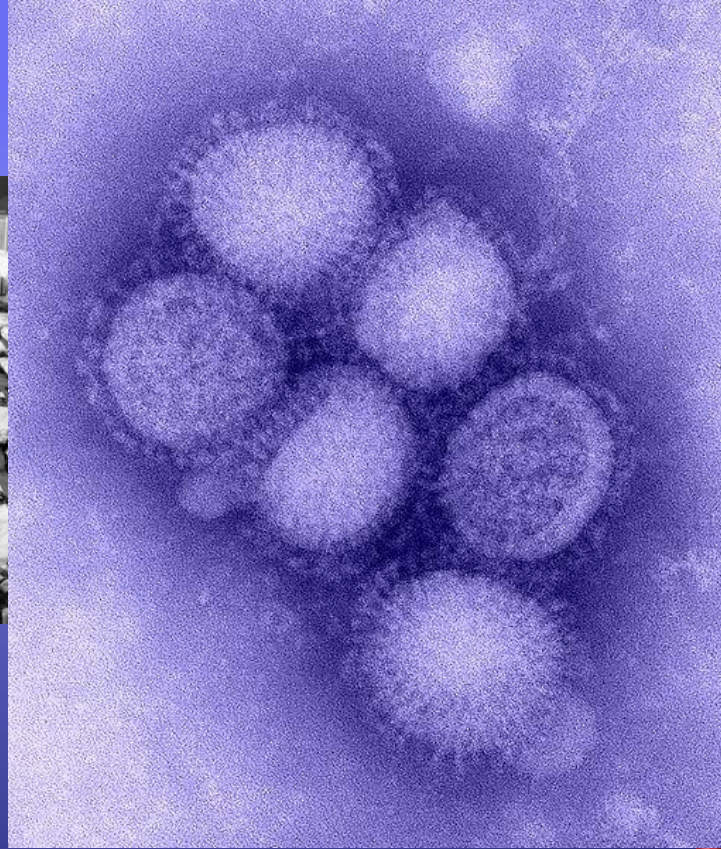


# THE 2009 H<sub>1</sub>N<sub>1</sub> INFLUENZA PANDEMIC: KNOWLEDGE IS POWER!

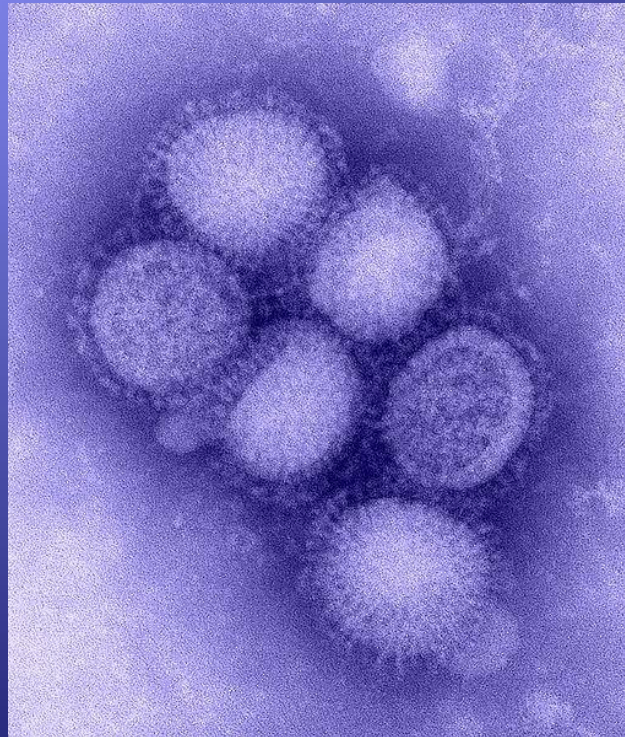


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**What is influenza?**



- ◆ Commonly referred to as “the flu.”
- ◆ An infectious disease caused by a virus
- ◆ *Influenza* means “influence”



- ◆ Two types cause regular seasonal flu: A and B
- ◆ Causes serious diseases annually
  - ◆ Over 200,000 hospitalizations
  - ◆ ~36,000 deaths



**How can I get it?**

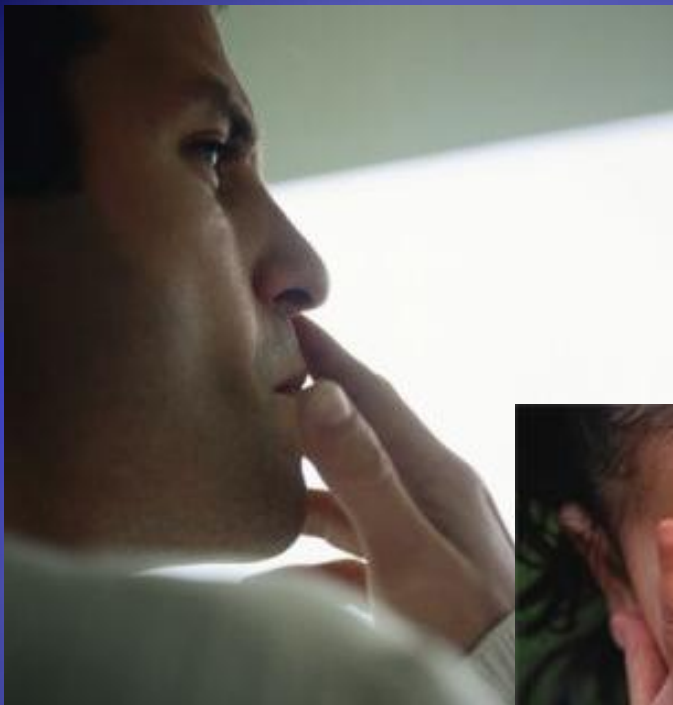
- ◆ Usually spreads person-to-person

**What's another way  
I can get it?**

- ◆ Usually spread person-to-person
- ◆ May pick it up from contaminated surfaces



- ◆ Usually spread person-to-person
- ◆ May pick it up from contaminated surfaces and then touch eyes, nose, or mouth



**What happens if I get it?**



- ◆ Fever + cough and sore throat; also fatigue and body aches
  - ◆ May worsen underlying chronic medical conditions
- ◆ Show symptoms ~1-4 days after infected
- ◆ Can last up to a week
- ◆ Contagious ~1 day before to at least 7 days after symptoms start

**What is a pandemic?**





- ◆ An epidemic of an influenza virus that spreads on a global scale
  - ◆ Infects a large percentage of people
  - ◆ Unlike seasonal flu, pandemics happen irregularly
  - ◆ New flu virus can easily spread from person-to-person



# Pandemics

- ◆ Hong Kong Flu (1968-1969)
  - ◆ Influenza A/H<sub>3</sub>N<sub>2</sub>
  - ◆ 1 million deaths worldwide
- ◆ Asian Flu (1956-1958)
  - ◆ Influenza A/H<sub>2</sub>N<sub>2</sub>
  - ◆ 2 million deaths worldwide





# Spanish Flu

- ◆ 1918-1919
- ◆ Influenza A/H<sub>1</sub>N<sub>1</sub>
- ◆ 500 million infected (33%)
- ◆ 20-100 million deaths
- ◆ 15 million died from WWI









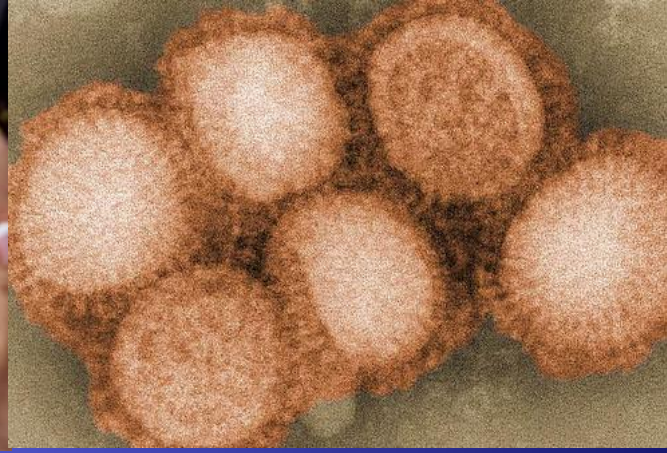
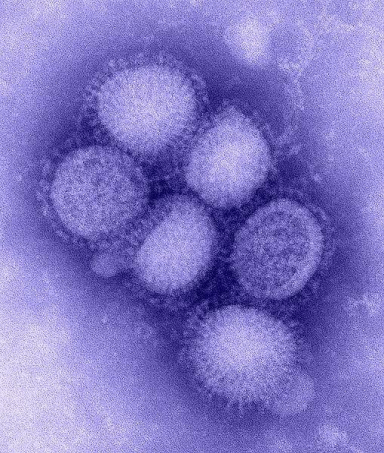
**How did the current  
pandemic start?**







Veracruz, Mexico



- ◆ H<sub>1</sub>N<sub>1</sub> likes to set up infection in lungs
- ◆ About 15% of the American population has been infected with H<sub>1</sub>N<sub>1</sub>
  - ◆ about 1 in 6 people or 45 million
- ◆ About 246,000 hospitalizations
- ◆ About 16,460 deaths
  - ◆ Including 12 adults and one child from Hawaii



**Why is this alarming?**

- ◆ H1N1 is attacking mostly healthy people with no underlying medical conditions
- ◆ 24% are under 25
- ◆ 65% are between 25 and 64
- ◆ 12% are over 65



# H1N1 vs. Seasonal Flu Deaths

## Those Over 65

- ◆ H1N1 – 12%
- ◆ Seasonal flu – 90%



**Is there any good news?**

- ◆ Impact of H1N1 milder than expected
- ◆ Previous pandemics occurred in waves over time
- ◆ Spring '09 was 1<sup>st</sup> wave; 2<sup>nd</sup> wave on the mainland
- ◆ Spring '10 could be 3<sup>rd</sup> wave





**Is the H<sub>1</sub>N<sub>1</sub> vaccine safe?**

- ◆ Manufactured the same way seasonal flu vaccine is manufactured every year
  - ◆ immunized hundreds of millions of people



**It has mercury???**

# Thimerosal

- ◆ Mercury preservative used in some H1N1 vaccines
  - ◆ Mercury-free H1N1 vaccines available
- ◆ No convincing scientific evidence suggest adverse effects on those who get vaccinated
- ◆ Been used since the 1930s

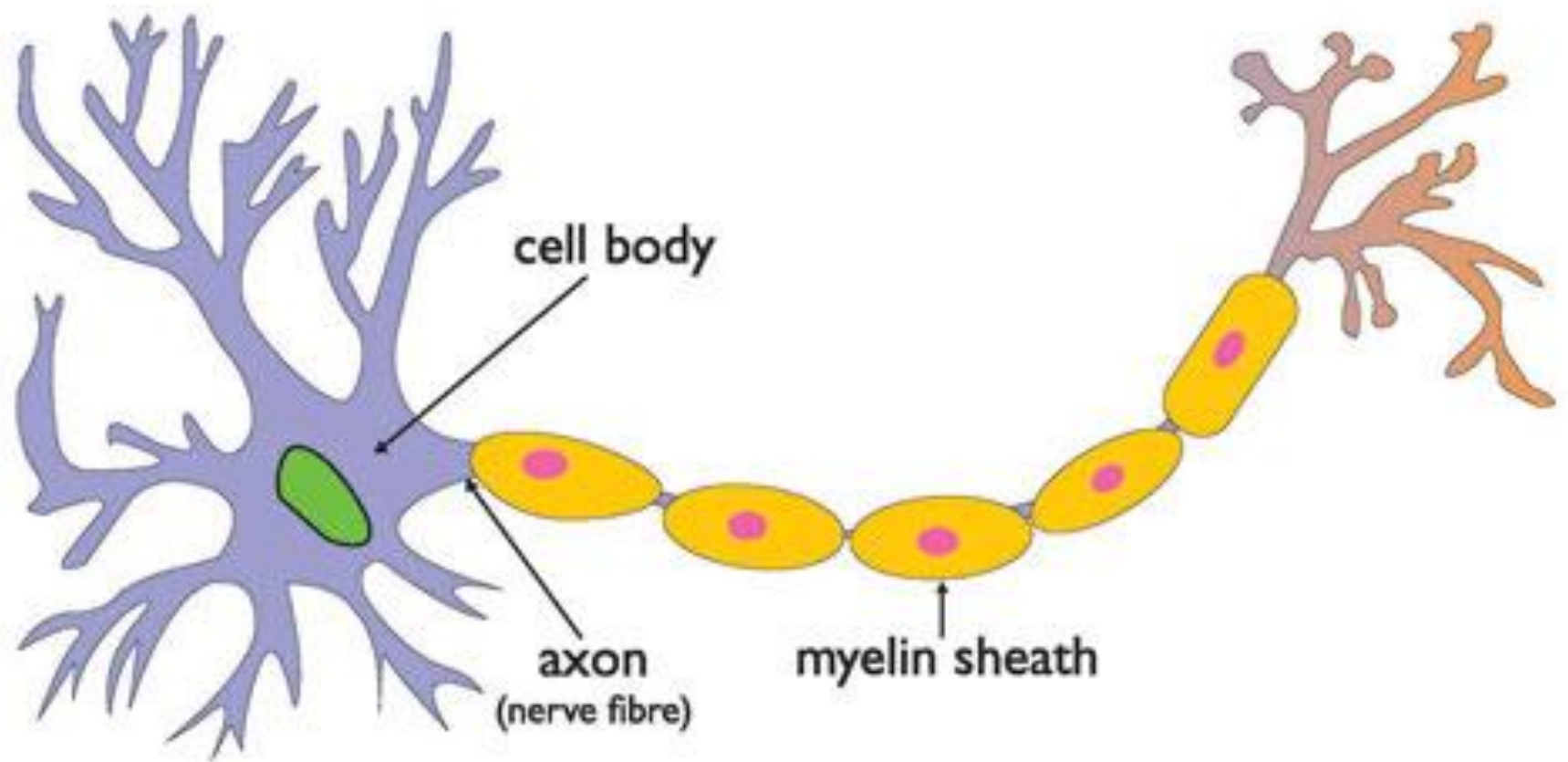




**Link to Guillain-Barré Syndrome?**

# Guillain-Barré Syndrome (GBS)

- ◆ A rare neuromuscular disease causing muscle weakness and sometimes paralysis
- ◆ Bacterial infection, diarrhea, lung illness or sinus illness
- ◆ Recovery takes few weeks to few months
- ◆ Mortality rate at 2-7%



# Link to the H1N1 Vaccine

- ◆ In 1976, there was a small increased chance of GBS after getting swine flu vaccination
  - ◆ about 1-3 out of 100,000 people
- ◆ “Guillain-Barre syndrome is relatively rare, affecting only 1 or 2 people per 100,000.”
  - ◆ –The Mayo Clinic



# H1N1 Virus vs. GBS

- ◆ The odds of being hospitalized or dying from swine flu > getting GBS after getting vaccinated

# Dying from swine flu vaccine vs. other risks

**I'm healthy.  
Why should I get the H<sub>1</sub>N<sub>1</sub>  
vaccine?**





# How do I protect myself?

- ◆ Get vaccinated
  - ◆ H1N1 vaccine: ANYONE who wants to get it can get it
  - ◆ LAIV (live attenuated influenza vaccine) available for healthy 2-49 year olds
  - ◆ Check with doctor or health care provider



# How you can help

- ◆ Encourage family and friends to practice good hygiene habits
- ◆ Get vaccinated and encourage others to get vaccinated
- ◆ Stay home if you're sick
- ◆ Don't travel if you're sick

# Where to find more information

- ♦ General info on H1N1
  - ♦ [www.flu.hawaii.gov](http://www.flu.hawaii.gov)
  - ♦ [www.cdc.gov/flu/](http://www.cdc.gov/flu/)
  - ♦ 1-800-CDC-INFO (1-800-232-4636)
  - ♦ 2-1-1 for H1N1 vaccine locations



